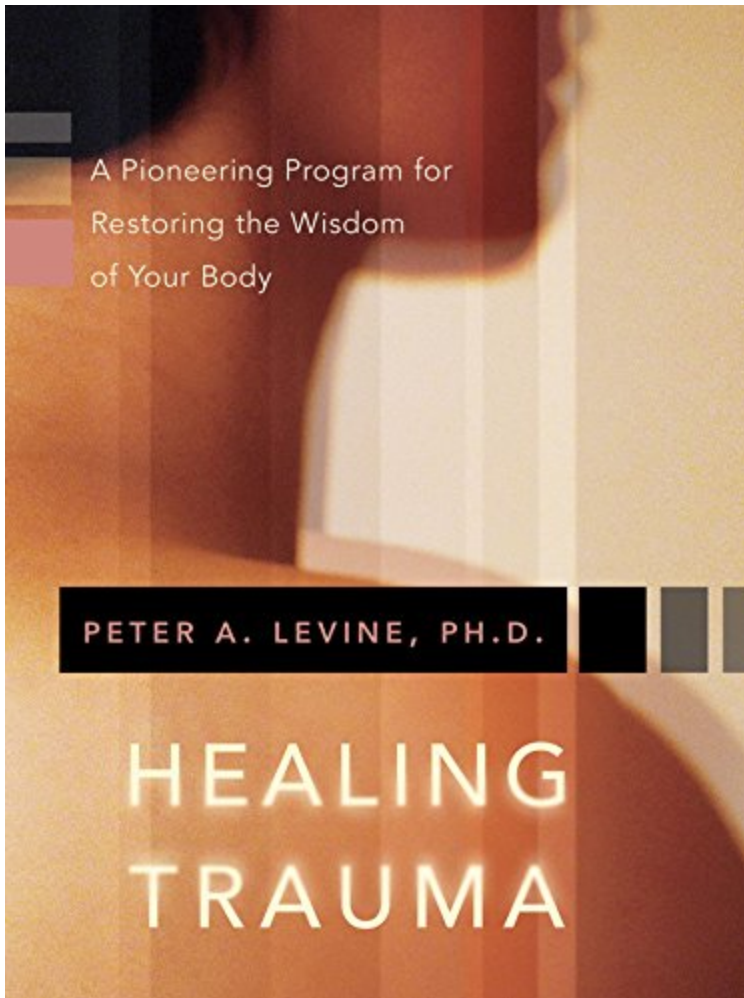


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# Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body



*Par Peter A. Levine PhD  
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**Par Peter A. Levine PhD : Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body:

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**Description :** Description du produitResearchers have shown that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors reflecting these painful events. Today, millions in both the bodywork and the psychotherapeutic fields are turning to Peter A. Levines breakthrough Somatic Experiencing methods to effectively overcome these challenges. In Healing Trauma, Dr. Levine gives readers the personal how-to-guide for using the theory he first introduced in his highly acclaimed work, Waking the Tiger.

Prsentation de l'diteurResearchers have shown that survivors of accidents, disaster, and childhood trauma often en endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors. Today, professionals and clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic

Experiencing methods to actively overcome these challenges. In *Healing Trauma*, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work *Waking the Tiger*. Join him to discover: how to develop body awareness to "renegotiate" and heal traumas by "revisiting" them rather than reliving them; emergency "first-aid" measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions. "Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source to return us to the natural state in which we are meant to live.

From AudioFile: What the author achieves here is a remarkably complete lesson on how the human organism can recover from trauma by physiologically releasing the experience. Through references to mythology, animal behavior studies, some fascinating anecdotes, and current mental health practices, Levine weaves a case for his theory that makes intuitive sense. The program integrates this physiological approach with a thoughtful consideration of interpersonal and emotional approaches to healing. Recovery can't be done alone, he says. The author's reading is slow, and it's a long program; but there's no excess content, and one adapts quickly to the pace. The author is genuine, knowledgeable and clearly focused on helping his listeners benefit from the program. T.W. AudioFile 2001, Portland, Maine-- Copyright AudioFile, Portland, Maine

Presenters have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors. Today, professionals and clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic Experiencing methods to actively overcome these challenges. In *Healing Trauma*, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work *Waking the Tiger*. Join him to discover: how to develop body awareness to "renegotiate" and heal traumas by "revisiting" them rather than reliving them; emergency "first-aid" measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions. "Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source to return us to the natural state in which we are meant to live.